



West Nile Virus Update

On August 23, state health officials announced three more probable human cases of West Nile virus—two from Allen County and one from Whitley County.

These cases have tested presumptively positive in two separate tests at the State Laboratories. The specimens have been sent for confirmation testing to the laboratory at the Centers for Disease Control and Prevention (CDC), where results are expected next week.

The two Allen County individuals, a 29-year-old and a 44-year-old, and the Whitley County individual, a 21-year-old, have each been tentatively identified as testing positive for West Nile virus.

On August 9, the CDC confirmed a 46-year-old resident of Wabash County as the first human case of West Nile virus in Indiana. Confirmation from the CDC on three other probable cases, two from Allen County and one visiting from another state, is still pending.

"We continue to see evidence of West Nile virus in the state," said State Health Commissioner Greg Wilson, M.D. "The most important thing that people can do to protect themselves is to use insect repellent and eliminate standing water sources in their neighborhood."

West Nile virus can only be transmitted to a human by a mosquito that has first bitten an infected bird. A person who is bitten by an infected mosquito may show symptoms from 3 to 15 days after the bite.

Most people who get infected with West Nile virus will have either no symptoms or mild symptoms. A few individuals will have a more severe form of the disease, encephalitis (inflammation of the brain) or meningitis (inflammation of the tissues that cover the brain and spinal cord). West Nile virus can have these symptoms: high fever, headache, stiff neck, muscle weakness or paralysis, and confusion.

Most people have very mild disease. Although the virus has been reported in people ranging in age from 4 to 90 years, severe disease is most often present in individuals over 50 years old or those with weakened immune systems.

There is no specific treatment for West Nile virus, and no vaccine is available for humans.

Hoosiers are urged to protect themselves from mosquito bites by:

- Using an insect repellent that contains DEET.
- Wearing shoes, socks, long pants, and a long-sleeved shirt when outdoors for long periods of time, or from dusk to dawn, when mosquitoes are most active. Clothing should be light colored and made of tightly woven materials to keep mosquitoes away from the skin. Pant legs should be tucked into shoes or socks, and collars should be buttoned.
- Use mosquito netting when sleeping outdoors or in an unscreened structure.

You can also protect your family and your community from biting mosquitoes by:

- Eliminating areas of standing water available for mosquito breeding in or near your property.
- Repairing failed septic systems.
- Keeping grass cut short and shrubbery trimmed.
- Disposing of old tires, cans, plastic containers, ceramic pots, or other unused containers that can hold water.
- Cleaning clogged roof gutters, particularly if leaves tend to plug up the drains.
- Aerating ornamental pools, or stocking them with predatory fish.

So far this year, 35 counties in Indiana have had positives for the West Nile virus. Ninety-one dead birds and 162 mosquito groups in 33 counties have been confirmed as positive for the virus, and free-ranging wild live birds have been collected and found presumptively positive for antibodies to West Nile virus from Allen, Bartholomew, Hancock, Knox, Lake, and Marion counties. Six horses in Daviess County and two horses in Elkhart County tested positive for the West Nile virus in August.

Health officials report that this information indicates that the virus is not only present, but it is widespread throughout the state.

Daily updates on positive results for West Nile virus and a virus surveillance map are available on the State Department of Health's Web site, at www.in.gov/isdh by clicking on the image in the center of the page.

2002 Black & Minority Health Fair Screenings and Contacts Rise 13 Percent, Reach 115,169

The 2002 Black & Minority Health Fair increased the number of free screenings and contacts 13 percent over 2001. The Health Fair, a part of the Indiana Black Expo Summer Celebration, is coordinated by the Indiana State Department of Health.

BLOOD SCREENINGS	2002 Totals	2001 Totals
Martin Center		
Sickle Cell Screening	410	322
Syphilis	240	204
Marion County Health Department		
HIV Screening	302	332
Lead Screening (Children)	52	91
Roche Diagnostics		
Cholesterol Screening	1,540	1,154
Glucose Screening	1,540	1,154
Central Indiana Regional Blood Center		
Blood Marrow Donors	34	32
St. Francis Hospital		
Thyroid Screening	740	537
Hematology/Oncology of Indiana		
Prostate Screening	454	278
Total Blood Screenings	5,312	4,333

Positive Blood Test Results:

Sickle Cell: 33 or approximately 8% tested positive compared with 12% (37) last year
HIV: Results Not Available
Cholesterol: 294 (19%) tested high (above 200) compared with 445 last year
Glucose: 134 (9%) tested high (above 120) compared with 70 last year
Prostate Screening: 22 positive compared with 14 last year
Thyroid Screenings: 73 low TSH (hyperthyroid) and 22 high TSH (hypothyroid) compared with 2 low and 14 high last year
Syphilis: 2 tested positive compared with 0 last year

OTHER SCREENINGS AND INFORMATION DISTRIBUTED

Agency	2002 Totals	2001 Totals
APTA	531	
Al-Anon Family Groups	416	533
Alcoholics Anonymous	1,407	675
American Cancer Society	957	816
American Heart Assoc/MOM	562	
Aventis	3,792	1,305
Aesculapian Society	201	561
Alzheimer's Assoc	699	108
Arthritis Foundation	832	574
Bayer Diagnostics	324	503
CanadaMeds	834	
Citizens' Health Center	2,073	
Clarian Health	4,045	5,313
Community Hospital	449	795
FSSA	1,692	
GI Physicians Speciality	500	
Governor's Council on Phys. Fitness	613	566
Hematology/Oncology	698	
Hoosiers Re Handgun Violence	424	
IDEM	1,639	877
Indiana Blood Center	267	149
Ind Organ Procurement Org.	3,082	1,191
Ind Perinatal Network	400	
Indiana State Department of Health (ISDH)		
Breast & Cervical	1,106	1,070
Counseling & Referral	745	620
Diabetes	438	257
Food Samples/Nutrition	1,425	1,435
Gun Safety	974	743
HIV/STD Education	6,650	
HIV/STD Brothers United	6,732	
Human Resources	522	247
Immunization	536	
MCH	1,132	1,604

OTHER SCREENINGS AND INFORMATION DISTRIBUTED

(continued)	2002 Totals	2001 Totals
ISDH (continued)		
Newborn Screening	2,655	
Office of the First Lady	650	
Office of Women's Health	555	
Shalom Clinic	595	819
WIC	1,652	1,017
ITPC	1,687	
IU School of Nursing	445	273
Kappa Alpha Psi	624	
Leukemia/Lymphoma Society	282	
Lilly Clinic	1,040	
Lions of Indiana	948	1,110
Little Red Door	596	964
Managed Health Service	1,293	
March of Dimes	313	678
Martin Center - Sickle Cell	721	848
Marion County Health Department		
Dental Health/ISDH-Oral Health		
SmileMobile Screenings	513	235
Dental Education	10,664	4,490
Action Center	1,323	2,664
Information	3,548	4,167
HIV/STD Information	1,611	3,278
Housing	1,894	
Immunization/CBC	1,544	1,014
Indpls Safe Kids Coalition	409	
Lead - Children	368	568
MCH	910	356
Nutrition	1,231	986
Social Services	1,787	1,847
Spirometry/Asthma	456	
Minority Advisory Council	531	402
Minority Health Coalition	501	693
National Kidney Foundation	615	338
NAMI	370	607
N.O.A.H.	470	
Noble of Indiana	539	802
Novo Nordisk	613	815
OVAR'Coming Together	941	1,154
Prevent Blindness	543	771
Roche Diagnostics	1,117	877
Roche Pharmaceutical	1,560	871
St Francis Hospital	490	477
St. Vincent		
Blood Pressure/Stroke Scr	1,643	747
Diabetes	603	
Walgreens-Osteoporosis Scr	958	1,462
Wishard		
Blood Pressure	1,677	1,186
Bodywork Mod/Massage	457	296
Corporate Booth	2,350	998
Healthy Families	287	818
Nutrition	1,193	768
Respiratory(Oximetry/Peak Fl)	652	707
Midtown	1,259	860
Senior Care/Lockefield	1,665	2,115
Women's Svcs./Family Planning	1,383	4,850
WISH-TV (Channel 8)	50	
Young Survival Coalition	379	

TOTALS 109,857 97,771

2002 BLACK AND MINORITY HEALTH FAIR

TOTALS SUMMARY

	2002 Totals	2001 Totals
Total Blood Screenings:	5,312	4,333
Other Screenings and Information Distributed:	109,857	97,771
GRAND TOTALS	115,169	102,104

Cut **LDL** Cholesterol, Cut Heart Disease **Risk**

September is National Cholesterol Education Month. This year's theme is "Know Your Numbers Know Your Risk."

Beyond knowing the high-risk numbers for blood pressure and cholesterol, the National Institutes of Health (NIH) wants people to know the things that they can do for themselves to protect the health of their heart.

The NIH states that heart disease is the number one cause of death of both men and women in the U.S. To lower the risk of heart disease, knowing the numbers is important. As a start, NIH advises getting your blood-cholesterol level checked by a doctor. It's a routine test and covered by virtually all health insurance. Then, if necessary, the NIH advises making nutritional and lifestyle adjustments to keep cholesterol levels in a safe range.

The NIH warns that risk of heart disease is associated with high blood pressure, high total cholesterol, and high LDL cholesterol.

LDL (the "bad guy") can get out of hand when we eat too much saturated fat, common in meats, dairy products, trans fat (hydrogenated or partially hydrogenated vegetable oils), and don't eat enough fruits and vegetables, or don't get enough exercise.

Too much LDL cholesterol creates artery-clogging plaque that can lead to heart disease, heart attack, and death.

Cholesterol Pros & Cons Defined

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body and that your body needs to function normally. It is present in cell walls or membranes everywhere in the body, including the brain, nerves, muscle, skin, liver, intestines, and heart. Your body needs cholesterol to produce many hormones, vitamin D, and the bile acids that help to digest fat.

However, it takes only a small amount of cholesterol in the blood to meet these needs.

If you have too much cholesterol in your bloodstream, the excess is deposited in arteries, including the coronary arteries, where it contributes to the narrowing and blockages that cause the signs and symptoms of heart disease.

Heart disease is the number one cause of death for males and females in the U.S.

Information for this article was provided courtesy of the National Institutes of Health's National Cholesterol Education Program.

Take the Heart Attack Risk Test

The NIH offers a numbers test, which can be found at its Web site: http://hin.nhlbi.nih.gov/cholmonth/10_ideas.htm, to assess the risk of experiencing a heart attack during the next 10 years.

The test asks you to enter your numbers and data:

Age:	<input type="text"/> years
Gender:	<input type="checkbox"/> female <input type="checkbox"/> male
Total Cholesterol:	<input type="text"/> mg/dL
HDL Cholesterol: (The "good guy")	<input type="text"/> mg/dL
Smoker:	<input type="checkbox"/> no <input type="checkbox"/> yes
Systolic Blood Pressure:	<input type="text"/> mm/Hg
Are you currently on any medication to treat high blood pressure? <input type="checkbox"/> no <input type="checkbox"/> yes	

Entering hypothetical test data at the NIH test site produced the following example of risk:

A 40-year-old female, who smokes, with total cholesterol of 320, HDL cholesterol of 20, systolic blood pressure of 150, and is not on blood pressure medication, has a more than 30 percent risk of heart attack in the next 10 years.

To find your own risk, get tested and enter your data at the Web site.



FREE SAMPLES OF FRESH GARDEN-RIPENED HOOSIER-GROWN TOMATOES attract Indiana State Fair attendees, August 14, who get a taste of the delectable produce together with nutritional-health information, which was provided by I.U. dietetic intern volunteers. The booth in the Farm Bureau Building is being supervised by Judy Rose, ISDH Community Nutrition Program (far right, right photo), with the intention of supporting Indiana farm markets and to encourage the daily consumption of five portions of fruits and vegetables, as recommended by the American Dietetic Association. The samples were contributed by farm market produce vendors.

Photos by Daniel Axler

'Take a Loved One to the Doctor Day' Is Designed to Reduce Health Gap

The ISDH Office of Minority Health has been promoting *Take a Loved One to the Doctor Day*, scheduled for September 24, to help break down the health and health care disparities between the majority population and those racial and ethnic groups who have had less access to regular medical checkups and screenings.

However, anyone who has not seen a doctor in a while can benefit from a checkup and screenings for high blood pressure, cholesterol, triglycerides, signs of prostate cancer, and symptoms of diabetes.

The point of the special day is to encourage seeing a health care professional and thereby take charge of one's own health. By taking a loved one to the doctor, that person can be encouraged to begin or reestablish regular medical checkups.

Regular and early diagnosis has been shown to help an individual deal with a medical problem before it becomes acute, when it is then far more difficult or even impossible to remedy.

Indiana's Office of Minority Health's effort is part of a national campaign undertaken by the U.S. Department of Health and Human Services Office of Minority Health (USOMH).

According to USOMH, research has shown that most people wait until there is an emergency before seeing a doctor.

Danielle Patterson, director of the ISDH Office of Minority Health, said, "In order for us to eliminate racial and ethnic disparities, we have to help people become more proactive about their health.



Danielle Patterson
ISDH Office of
Minority Health

"ISDH, in partnership with the Indiana Minority Health Coalition, sent mailings to all minority health coalitions statewide to encourage their participation," Patterson said.

Typical of local involvement is one planned by the Grant County Minority Health Coalition, which has organized a health walk to inspire interest and draw attention to *Take Your Loved One to the Doctor Day*. The walk will be held September 14.

The Southern Indiana Minority Health Initiative plans on mailing 1,200 flyers to 20 area churches to encourage participation. Mayors in Jeffersonville and New Albany will sign proclamations. The group will also hold its luncheon at Clark Memorial Hospital in Jeffersonville on Saturday, September 21. Free screenings will be offered prior to an address by the luncheon speaker.

In Elkhart, the Minority Health Coalition-Elkhart County, together with the Elkhart General Hospital, the Goshen General Hospital, Heart City Health Center, and the Elkhart Chapter of Black Expo, is sponsoring free screenings for blood pressure, cholesterol, and blood

How Can One Participate?

As an individual, it is easy. Identify someone you know who hasn't been to the doctor lately and make an appointment for him or her. Then take that person.

Or, if you haven't been to the doctor in a while, consider yourself a loved one and make an appointment for yourself.

If you have insurance and don't use it, now is the time to use it.

If they (or you) don't already have a doctor, or don't have health insurance, then contact your local community health center, clinic, or local health department to ask about free or low-cost care. Also, ask where local health fairs are occurring in your community, and go.

glucose on September 24.

The Vigo County Minority Health Coalition is providing free transportation to help people get to a doctor. Those in need may call a local phone number. The coalition will try to accommodate as many people as possible from 9:00 a.m. to 5:00 p.m. on September 24. Program coordinator LaNeeca Williams says the coalition will begin advertising the event on September 1. The coalition will also conduct an evening workshop for the community on the risks of heart disease on September 24.



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